

Angelique Fuller, DVM



Dr. Angelique Fuller is the owner/veterinarian at King's Crossing Animal Hospital in Oak Ridge, North Carolina. She received a Bachelor of Fine Arts in Design and Production for Theater from The North Carolina School of the Arts in 1997, a Master of Science in Animal Health Science from The North Carolina Agricultural and Technical University in 2003 and a Doctorate of Veterinary Medicine from North Carolina State University in 2007. After graduation Dr. Fuller worked full time at Guilford Jamestown Veterinary Hospital in Greensboro and as a relief emergency veterinarian at Carolina Veterinary Specialist and Emergency Services of Forsyth County. She is a member of the American Veterinary Medical Association.

Dr. Fuller has had a wide variety of life experiences and finds that her art and medicine backgrounds blend together seamlessly. Growing up, she has always had a love for animals and realized early that a pet's health and well-being played an important role in the human-animal bond.

Dr. Fuller, husband Brian and their son enjoy sharing their home with a cat named Burman and two dogs (Duncan and Goosie). They also have five beautiful chickens that they adore!

Have fun outside...the safe way

It's been a wet, cold winter, but spring is just around the corner. Spring brings flowers, sun, warmth and playtime outside. Hopefully, it will mean that lots of folks will take their dogs to the park, camping, day hiking, swimming or on some other great adventure. Unfortunately, for some it will also mean snakebites, lacerations, broken nails, bee stings, knee injuries, fights, ticks, quills, spills and other pokey objects. Aside from using common sense when out and about, a good first aid kit for yourself and furry loved one is an essential part of any outdoor journey. There are lots of resources to buy ready-made first aid kits, however no one size fits all, so I've always made my own kit. I'm going to go through some common conditions that veterinarians see and what you can do to help your pet in the event of an outdoor accident.

One of the most common injuries we see is the insect sting (usually yellow jacket). Some poor dog is outside romping around, chasing a ball or maybe hiking with their human and BAM, just like that, their nose starts swelling! Definitely no fun if you are out in the woods, already 3 miles into a hike and you've got no first aid. For this reason, you should have Plain Benadryl in your first aid kit. Speak with your veterinarian about the recommended dosage for your dog. Having the ability to give this immediately after a sting could save your dog's life...or at least might save you a vet visit. Other types of bites, such as snake bites, can be life threatening and regardless of how the wound appears, you should always have your dog evaluated by your veterinarian following a snake bite.

A squirrel, raccoon, porcupine or some other small mammal may decide to battle it out with your dog. I am always amazed at the number of squirrel related injuries to dogs, they really are tough for their size! So what do you do after the fight is over and your dog did not win? Aside from comforting them over their loss, you need to make sure your first aid kit has items to fix them up until you can get to your veterinarian. A multi-tool is great because it features scissors for cutting bandage material, pliers for pulling out quills, tweezers for tick removal. Either betadine or

chlorahex antiseptic wash should be used for cleaning superficial wounds. Cast padding and Co-flex wrap are great for bandaging after it is clean.

Does your dog like the beach? I had a dog once that loved to dig for sand crabs, she put her whole face in the sand. The problem was, she would also get sand in her eyes, then rub her eyes, resulting in swollen eyes. Maybe your dog hates the beach, but loves to run through fields of tall grass, the kind with all those fine prickly parts? Either way, the solu-

tion is to carry saline eye flush with you during your beach or hiking adventures. For minor eye injuries/irritations, you can flush out the eye. Once you have done this, you should still follow up with your veterinarian for an eye exam to ensure that the foreign material is gone and their eyes have not been damaged.

Oh the broken nails! A split nail really bleeds A LOT! But do not freak out, unless your dog has a clotting deficiency they will NOT bleed out over a nail. However, all that blood is messy so it

is always good to have a styptic stick or clotting powder on hand, along with your bandage material to wrap up the foot until you can get them to your veterinarian.

Getting outside is fun and a great way to bond with your furry friend. If you are prepared, you will have nothing to worry about! Other supplies that are good to have on hand are - a muzzle or slip lead, collapsible water bowl, towel or blanket and latex gloves. The key is to think about where you are going and what you'll be doing, then pack accordingly. Once you have your first aid kit together ask your veterinarian to look at your kit to ensure you have everything you need. Also, if you plan on lots of adventures it is important to do proper training with your dog to ensure their safety, as well as, the safety of others. Finally, if your dog isn't micro chipped, please consider having this done in case they do get lost. But mostly importantly, be sure to take time to relax and live in the moment with your dog!



Duncan and Goosie model their outdoor attire, including the first aid kit.

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